

# World Community for Christian Meditation



## Auckland Community Day

**Saturday 20<sup>th</sup> March 2021**

**At St John's Catholic church hall  
180, Centreway Road, Orewa  
10am to 3pm**

## Christian meditation and the Christian tradition

**Presented by Nick Polaschek**

How does our Christian meditation fit into the Christian tradition? Referring to the scriptures, and some ancient and modern writers, this talk will pull together three aspects to address this question: (1) verbal and non-verbal prayer in the scriptures and the tradition; (2) the relationship between meditation and contemplation; (3) practices similar to meditation in our tradition. We will also ask; how does Christian meditative prayer relate to other forms of non-Christian meditative practice? A handout will have all of scriptures and other sayings/readings used in the talk, a brief summary of the talk, a list of texts for further reading.

*Nick Polaschek is a Christian meditator from Wellington, practising in the Roman Catholic tradition. Retired some years ago, he worked in the health sector. Nick contributes regularly in Stillpoint on spirituality and meditation.*

- Please bring your own lunch
- Please bring a koha
- There will be two periods of meditation
- People new to meditation are most welcome
- For more information contact Vincent Maire on 027 276-6032 or [vincentmaire12@gmail.com](mailto:vincentmaire12@gmail.com)